

Water Aerobics

AQUA FLEX

Want to become more flexible? Exercises in this class are designed to improve range of motion, muscle strength and endurance, improve joint flexibility and reduce pain and stiffness.

DATES	TIME	FEE
Fridays Ongoing	10:30-11:30am	Drop in class - daily admission or LRC membership

WATER AEROBICS

Exercise without the pounding and jolting on your joints! Water aerobics offers a healthy alternative for exercising, creating a total body workout. Course is designed for men and women. No swimming ability is required.

DAY	TIME	TYPE	INSTRUCTOR
Mon	9:00-10:00am	Shallow	Mary
	12:00-1:00pm	Deep	Ronda
	6:00-7:00pm	Deep	Richard
Tue	8:00-9:00am	Shallow	Peggy
	9:00-10:00am	Srs, Shallow	Jo-Ann
Wed	9:00-10:00am	Shallow	Jo-Ann
	12:00-1:00pm	Deep	Mary
	6:00-7:00pm	Deep	Richard
Thurs	8:00-9:00am	Shallow	Peggy
	9:00-10:00am	Srs, Shallow	Jo-Ann
Fri	9:00-10:00am	Shallow	Anastasia
	12:00-1:00pm	Deep	Mary
	5:30-6:30pm	Deep	Richard
Sun	4:30-5:30pm	Deep	Mary/Marlene (alternating)



MEET YOUR INSTRUCTORS



**MARY
ANDERSON**



**ANASTASIA
BENSON**



**RICHARD
COHEN**



**RONDA
FRANSEN**



**PEGGY
LEGGETT**



**JO-ANN
MARQUES**



**MARLENE
MURPHY**